

# Women, Infants & Children (WIC)

## Nutrition Websites



Good nutrition and health care are important to pregnant mothers, growing babies, and children. The WIC staff helps women and children choose healthy foods. Below are some excellent websites on nutrition information for all ages.

### The Nebraska Dietetic Association

- Food and Nutritional Professionals you can trust  
The Nebraska Dietetic Association is the advocate of the dietetic profession serving the public through the promotion of optimal nutrition, health, and well being.  
<http://www.eatrightnebraska.org/links.php>
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### My Pyramid (USDA)

- One size doesn't fit all. Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting. Find a wealth of ideas that can help you get started toward a healthy diet.  
<http://www.mypyramid.gov>
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### United States Department of Agriculture (USDA)

- The USDA provides great resources for food safety and nutrition.  
<http://www.usda.gov/wps/portal/usdahome>  
(under "Browse by Subject", click on Food and Nutrition)
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### American Dietetic Association

- Your link to Nutrition and Health  
With nearly 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. ADA members are the nation's food and nutrition experts, translating the science of nutrition into practical solutions for healthy living.  
<http://www.eatright.org>
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### UNL Extension in Lancaster County

- This website is loaded with useful information including food safety, nutrition and cooking, and the Nebraska Education Program (NEP). Alice Henneman, an extension educator, shares her knowledge with some useful tips, wonderful healthy recipes, and cooking tips for everyone.  
<http://www.lancaster.unl.edu/food>
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### Ellyn Satter Associates

- Ellyn Satter is an internationally recognized authority on eating and feeding children and adults. This website provides practical information to help families learn healthy eating behaviors.  
<http://www.ellynsatter.com>